

## UNIT 7 AGILITY TEST INFORMATION

The test consists of two parts: a medical screening and the agility test.

**Medical Screening** - You will be asked to fill out a form which summarizes your:

- Smoking habits
- Exercise habits
- Family medical history
- Age

You will then be weighed, measured, and have your percent body fat estimated. Your resting pulse and resting blood pressure will be measured.

With the exception of percent body fat, each of these items is scored. (Data on body fat are being collected for statistical purposes.) If you score high enough you will be permitted to take the agility test. If your score is slightly under the standard, a medical professional will make a judgment whether you can continue to the agility test without risking injury to yourself. A physician's release will permit you to take the test regardless of your medical screening score.

**Agility Test** - There are four parts to the test. All four parts of the test must be passed in order to pass the exam. The tests will be administered in the following order:

1. **Three-minute step test and recovery** - Candidate will step on and off a twelve-inch high platform at a cadence of 96 beats per minute (24 complete cycles per minute) for three minutes. A 60 second pulse rate starting sixty seconds after the stepping is counted. The 60-second pulse rate must be within specified levels below.

AGE	MEN				WOMEN			
	20-29	30-39	40-49	50+	20-29	30-39	40-49	50+
Maximum heart beats per minute after 1 min. rest	111	117	117	117	116	122	122	122

2. **Vertical Jump** - Dust fingertips with chalk and reach as high as possible. Jump and touch the wall again. The better of the two attempts is recorded. Standards are the same for all ages: 15" for men and 12" for women.
3. **Either sit-ups or sit and reach** - You must select one or the other. You cannot attempt both.
  - A. Sit-ups - Bent knees, heels 10" from buttocks, feet held to the ground by partner. Hands on opposite shoulders. Arms must touch thighs on rise. Sit-up is complete when back returns to the ground. Continue for one minute. Only one attempt is allowed.

AGE	MEN				WOMEN			
	20-29	30-39	40-49	50+	20-29	30-39	40-49	50+
SIT-UPS	38	35	29	24	33	25	20	14

- B. **Sit and Reach** - With shoes off and feet resting against a platform, bend forward from the waist as far as possible. The better of the two attempts is recorded.

	MEN				WOMEN			
AGE	20-29	30-39	40-49	50+	20-29	30-39	40-49	50+
INCHES (15" is touching toes, additional inches is past toes i.e. 17" in two inches past toes)	17"	15.5"	14.5"	14.4"	19.3"	18.5"	17.5"	16.5"

4. **Agility Run** - Sprint from prone position 30 feet in one direction, and 30 feet back, run in a figure-eight pattern around a line of traffic cones and sprint 30 feet up and back to starting line. After a five-minute rest, the test may be repeated. The better of the two attempts is recorded.

	MEN				WOMEN			
AGE	20-29	30-39	40-49	50+	20-29	30-39	40-49	50+
SECONDS TO COMPLETE COURSE	19.6	20.1	21.6	22.1	21.6	22.1	23.6	24.1

### **Testing/Retesting Procedures**

This test is given on a quarterly basis in February, May, August, and October. All test results need to be renewed on an annual basis. Any candidate who is concerned about their blood pressure possibly being too high to pass the pre-screening should obtain a medical release form from CPS and have it signed by their doctor. If a candidate is screened out of the process for high blood pressure, they may obtain a medical release form and test later in the month if testing dates are still available. If, however, a candidate starts the test and is unsuccessful in any portion of it, the test must stop and the candidate must wait until next round to try again; the incentive pay will stop until the test is passed.

It is the candidate's responsibility to keep CPS informed of their current mailing address.

ALL PAY COMES FROM THE AGENCY'S PERSONNEL DEPARTMENT - NOT CPS.



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